

7. (three times amended) A method for irreversibly binding a plurality of sheets together, comprising:

- (i) superimposing a sheet having an adhesive strip comprising an adhesive element selected from the group consisting of a glue and a two-sided tape, wherein the tape is adhesive on both surfaces, along at least one of its edges, and a silicone material band, releasably placed on said glue or adhesive tape strip and having at least a portion not coupled to said glue or adhesive tape strip, such that the uncoupled portion may be used to grasp the silicone band during its removal over a second sheet;
- (ii) grasping the uncoupled portion of the silicone band; and
- (iii) pulling the uncoupled portion of the silicone band so as to uncover the glue or adhesive tape strip and thereby irreversibly bind the two sheets together.

19. (amended) A method for irreversibly binding sheets together, comprising:

- (i) superimposing a plurality of sheets, each having an adhesive strip along at least one of its edges and a silicone material band, releasably placed on said adhesive strip and having a portion uncoupled to the adhesive strip and extending beyond the sheet, such that the adhesive strips of successive sheets are superimposed;
- (ii) grasping the uncoupled portion of the silicone bands extending from the successive sheets; and
- (iii) pulling the uncoupled portion of the silicone bands so as to remove the silicone bands and uncover the adhesive strips, thereby irreversibly binding successive sheets together.